
APPENDIX E

SUGGESTED READINGS FOR CONSERVATORS

1. Conservatorship

Farren, Carolyn, and Lisa Goldoftas. 3rd ed. *The Conservatorship Book for California*. Nolo Press, 1999.

This how-to book starts with information about whether to seek a conservatorship. It explains how to petition for a conservatorship, the responsibilities of a conservator, what is required by the court, how to end a conservatorship, and when a lawyer's help is needed. It includes legal forms and instructions.

Call 800-992-6656 or visit www.nolo.com to order a copy.

2. Developmentally and Mentally Disabled People

Protection and Advocacy, Inc., 100 Howe Avenue, Suite 185-N, Sacramento, CA 95825, 800-776-5746, or visit www.pai-ca.org.

- *California Children's Services*
- *In-Home Supportive Services*
- *In-Home Supportive Services: Fair Hearing and Self-Assessment Packet*

- *Rights Under the Lanterman Act (Regional Centers)*
- *Vocational Rehabilitation Rights and Services*

Protection and Advocacy, Inc., is not limited to advocacy for disabled people. It also has publications of interest to those caring for the elderly. Its materials on government and medical benefits, including Medicare and Medi-Cal, are extensive. Many of the publications can be downloaded without cost. Check this organization's Web site frequently for updates on its entire publication list.

3. The Elderly

American Association of Retired Persons. Order from AARP Fulfillment, 1909 K Street, N.W., Washington, D.C. 20049, or visit www.aarp.org. Single copies are free.

- *Home-Made Money: Consumer's Guide to Home Equity Conversion*, Stock No. D12894
- *Life Insurance for Older Adults*, Stock No. D14139
- *Medigap: Medicare Supplement Insurance—Consumer's Guide*, Stock No. D14042
- *Saving Energy Wisely*, Stock No. D14113

Bet Tzedek Legal Services. 145 South Fairfax # 200, Los Angeles, CA 90036. Call 323-939-0506 for information on ordering, or visit www.bettzedek.org.

- *Nursing Home Companion: A User-Friendly Guide to Nursing Home Laws and Practices*
- *How to Get Care from a Residential Care Facility*

Feil, Naomi. *The Validation Breakthrough: Simple Techniques for Communicating with People with Alzheimer's-Type Dementia*. Health Professions, 2002.

H.E.L.P. *Your Way: Making Decisions about Your Medical Care*. 1404 Cravens Avenue, Torrance, CA 90501. Two free copies per household. Call 310-533-1996 for information on ordering, or visit www.help4srs.org.

This workbook may be used in conjunction with a Durable Power of Attorney for Health Care to assist a decision maker in understanding a person's wishes and desires about medical care and end-of-life issues.

Kaufman, Sharon. *The Ageless Self: Sources of Meaning in Late Life*. University of Wisconsin Press, 1994.

This book reports the results of a study in which older people expressed their feelings about becoming old. Each story is unique, but together, the stories weave a clear pattern.

Mace, Nancy, and Peter Rabins. *The 36-Hour Day*. Rev. ed. Warner Books, 2001.

The subtitle of this book is *A Family Guide to Caring for Persons with Alzheimer's Disease, Related Dementing Illnesses, and Memory Loss in Later Life*. Written in straightforward language, this book explores the meaning of dementia, getting medical help for the impaired person, characteristic problems of dementia, problems in independent living, problems in daily care and with various types of behavior, getting outside help, how caring for an impaired person affects the caregiver, financial and legal issues, and nursing home placement.

Maddox, George L. and Robert Atchley (eds.) *The Encyclopedia of Aging: A Comprehensive Resource in Gerontology and Geriatrics*. 3rd ed. Springer Publishing Company, 2001.

This reference work provides concise, authoritative explanations for hundreds of terms and concepts related to the life of the elderly and the aging process. It also covers the growing range of programs and services for the elderly provided by community and government agencies and by legal, health, and other professionals.

Matthews, Joseph. *Beat the Nursing Home Trap: A Consumer's Guide to Assisted Living and Long-Term Care*. 3rd ed. Nolo Press, 2001.

This book offers guidance in choosing and paying for long-term care. It shows how to protect home and assets from prohibitive care costs, how to get the most from Medicare and other government programs, how to evaluate nursing home insurance policies and avoid scams, and how to prevent unnecessary institutionalization.

Matthews, Joseph, and Dorothy Matthews Berman. *Social Security, Medicare and Government Pensions*. 8th ed. Nolo Press, 2002.

This book offers guidance through the maze of rights and benefits for those who are 55 and over, including Medicare, Medicaid, and social security retirement and disability benefits.

Quinn, M. J., and S. K. Tomita. *Elder Abuse and Neglect: Causes, Diagnosis, and Intervention Strategies*. 2nd ed. Springer Publishing Company, 1997.

This textbook, with a foreword by Congressman Claude Pepper, details the types of abuse and neglect that the elderly experience. It was written for those who work with the elderly, but it is readable by the nonexpert. The book contains several case histories. It can be especially useful to the conservator appointed to correct abuses a conservatee may have suffered in the past.

Silverstone, Barbara, and Helen Kandel Hyman. *You and Your Aging Parent*. Pantheon Books, 1990.

This book's subtitle is *The Modern Family's Guide to Emotional, Physical, and Financial Problems*. The book begins by exploring the various emotions that families have toward aging relatives as well as feelings those relatives have about younger family members. The book explores other issues related to aging, including loss of physical health, retirement, sex after 65, facing death, getting help, and legal problems.

Standing Committee on Aging (ed.). *Senior Citizens' Handbook*. 3rd ed. State Bar of California, Legal Services Section, 555 Franklin Street, San Francisco, CA 94102 (415) 561-8250 (\$10 for seniors; \$20 general), 1990.

This comprehensive sourcebook for older Californians contains information about financial benefits, including social security, SSI, pensions, veterans' benefits, food stamps, and tax relief. It covers health care insurance such as Medicare and Medi-Cal, nursing homes and alternatives, estate planning, conservatorship, consumer problems, and funeral arrangements. It lists social services and other resources for older Californians.

Weiser, Jack. *Over Sixty-Five: Healthy and Very Much Alive*. American Health Foundation, 1986.

This book, written in plain English by a doctor, describes the physical effects of normal aging. This light and informative book was written at the request of members of classes taught by the author.

Wishard, William, and Laurie Wishard. *60 Plus in California: Making the Most of Benefits and Services for Seniors*. Cragmont Publications, 1981.

The book includes detailed information about social security, retirement benefits, disability benefits, Medicare and Medi-Cal, supportive services in the home, alternative living situations, legal problems and solutions, housing, taxes, consumer protection, community benefits and programs, and much more. Written specifically for the California elderly, the book is thoroughly researched and is available in paperback.

4. Fiction

Albom, Mitch. *Tuesdays with Morrie: An Old Man, a Young Man, and Life's Greatest Lesson*. Doubleday, 1997.

Berry, Wendell. *The Memory of Old Jack*. 1st ed. Counterpoint Books, 1999.

Laurence, Margaret. *The Stone Angel*. Reprint ed. University of Chicago Press, 1997.

Moore, Brian. *Lonely Passion of Judith Hearne*. McClelland and Stewart, 1997.

Sarton, May. *As We Are Now*. Reissue ed. W. W. Norton and Company, 1992.